

## Aging & Disability Resource Center of Waukesha County

514 Riverview Ave  
Waukesha, WI 53188

Local: 262-548-7848  
Toll Free: 866-677-2372  
Fax: 262-896-8273  
TTY: 7-1-1

Website:  
[www.waukeshacounty.gov/adrc](http://www.waukeshacounty.gov/adrc)

**After hours call  
IMPACT 2-1-1  
211, or toll free  
1-866-211-3380**

### Our Mission

To provide older adults and people with physical or developmental/intellectual disabilities the resources needed to live with dignity and security and to achieve maximum independence and quality of life. The goal of the Aging and Disability Resource Center is to empower individuals to make informed choices and to streamline access to the right and appropriate services and supports.

### Inside this Issue:

- ♦ Zero Suicide
- ♦ Lifelong Learning
- ♦ Hispanic Heritage Month
- ♦ Public Hearing
- ♦ Grandparents Day



### Teaching Through the Years

From colonial times and into the early decades of the 19th century, most teachers were men. However, with the lure of the new frontier, advancement in industry, and a chance of a higher paid position many did not stay in the teaching field for long. Women were quickly being considered for the position especially when the Common School reformers seized on the idea of hiring women. The Common School is the precursor to today's public school.

#### Common School

In the late 1830s, the reformer Horace Mann of Massachusetts proposed a system of free, universal and non-sectarian schooling. Each district would provide a school for all children, regardless of religion or social class (hence the term Common School). Previously, church groups or private schools had provided most education for children, for which students generally had to pay tuition. The new schools would be funded by taxes and special fees paid by parents. The advent of the Common School significantly affected teachers and the teaching profession. The increasing number of new schools across the country demanded a greater need for educated teachers. In order to staff the schools, communities turned to women to teach. Common School reformers thought that women's most important qualification was their femininity. They also noted that women only needed to be paid a third of what men received. The feminization of teaching changed not only how society perceived women, but how women perceived themselves. In 1848, when Wisconsin achieved statehood, teachers were expected to have completed one or two years of schooling or post-secondary preparation beyond the level they intended to teach. This meant a teacher who had a fifth grade education could teach fourth grade and below. By the mid-19th century, Wisconsin, like many states, felt education was the responsibility of the state government. This led to a higher expectation of teaching qualifications and the Normal School movement.

#### Normal School

Common Schools led to the formalization of teacher training, often through Normal Schools. Normal Schools were originally established to provide systematic training of teachers. They would provide a norm for all teachers (hence the term Normal School) that would assure a level of quality. In 1866, the Wisconsin State Legislature established a normal school in Platteville—other teacher-training schools sprang up after that and included Milwaukee, Whitewater, Oshkosh, La Crosse, Stout, River Falls, Eau Claire, and Stevens Point.

#### Teacher Colleges

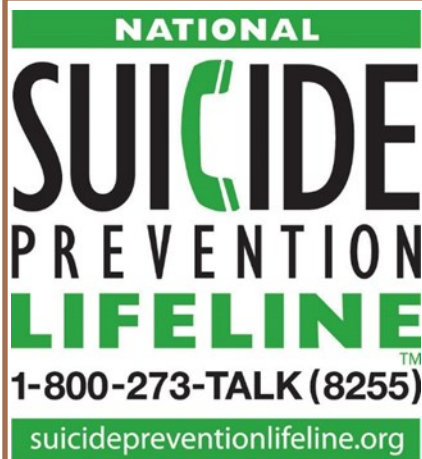
In 1926, the Board of Regents repurposed the Normal Schools as "State Teachers Colleges", offering a four-year course of study leading to a Bachelor of Education degree that incorporated significant general education at all levels. When thousands of returning World War II veterans in Wisconsin needed more college choices for their studies under the G.I. Bill, the State Teachers College System Regents allowed the teacher training institutions to offer bachelor's degrees in liberal arts, fine arts, as well as education. In 1951 the state teachers colleges were designated as "Wisconsin State Colleges," offering a full four year liberal arts curriculum. The state colleges were all granted university status as "Wisconsin State Universities" in 1964 (with the exception of Wisconsin State College, Milwaukee, which became part of the University of Wisconsin in 1956). The evolution of teaching in Wisconsin has opened the door for endless educational possibilities for people seeking a myriad of professions. It brings to mind the saying by an unknown author, "Teaching is the one profession that creates all other professions."

<https://www.sdb.k12.wi.us/Page/1362>

<https://dpi.wi.gov/tepd/licensing/history>

<https://www.pbs.org/onlyateacher/timeline.htm>





## September is National Suicide Prevention Month and National Recovery Month

While awareness about suicide prevention and recovery is important throughout the year, the month of September has been designated by Substance Abuse and Mental Health Services Administration (SAMHSA) as Suicide Prevention Month and National Recovery Month.

It may be hard to believe for some, but on average one person dies by suicide every nine hours in Wisconsin and suicide has risen to the 10th leading cause of death statewide. Suicide is not just a mental health issue, it is a community health issue. Through the Waukesha County Community Health Improvement Plan and Process (CHIPP), a Mental Health Community Health Action Team (MH-CHAT) was formed in January 2018 to carry out sustained efforts in suicide prevention and awareness. Their mission is to increase prevention of suicide by reducing stigma, increasing access to mental health care, and improving overall health across generations of people living in the Waukesha County community.

In June 2018, a team of eight people comprised of Waukesha County staff and community participants attended a two-day training to learn about the Zero Suicide model. The foundational belief of Zero Suicide is that suicide deaths for individuals under care within health and behavioral health systems are preventable. Over the next year, the team will participate in a learning collaborative, receive technical assistance, and implement a Zero Suicide plan that correlates with the CHIPP prioritization of mental health concerns.

As part of this process, Waukesha County will continue to collaborate with its many community partners to bring greater community awareness to these serious issues. One such collaboration resulted in the launch of a new website earlier this year ([www.mentalhealthconnection.life](http://www.mentalhealthconnection.life)). The website promotes awareness and provides important information about access to resources for youth and their parents in our community.

Access to resources is important for suicide prevention, treatment, and recovery. Waukesha County offers [Crisis Intervention Services 24/7](#) as well as an array of clinical services for those with mental health and substance abuse conditions. To access or receive information about these services, citizens of Waukesha County can contact:

### For Crisis Services

Local 24/7 Crisis Intervention Services: 262-547-3388 (24/7)  
- 262-548-7666 (during business hours)  
National Suicide Prevention Lifeline: 1-800-273-TALK (8255)  
Hopeline: Text "HOPELINE"- TO 741741  
The Trevor Project: LGBT 866-488-7386

### For Mental Health Treatment and Substance

Waukesha County Mental Health and Substance Abuse Outpatient Clinic:  
262-548-7666 (during business hours)

For More Information on the Zero Suicide Initiative:

<http://zerosuicide.sprc.org>

<http://zerosuicide.sprc.org/sites/zerosuicide.actionallianceforsuicideprevention.org/files/What%20is%20Zero%20Suicide.pdf>



## Lifelong Learning

There's always something to learn! Whether trying to picking up a hobby or starting a new career, we may need to acquire fresh knowledge and skills. And we should be eager to embrace the challenge, because lifelong learning has a lot of benefits. Here are a few:



### It Can Help Your Brain Stay Healthy

Continuing to learn does good things for our brains. Recent research has found that learning keeps brain cells working at optimum levels, which can limit cognitive and memory decline as we age. The best part is, the learning can come in any form. As long as we're acquiring new knowledge, we're keeping our brain healthier.

### It Can Help You Stay Connected

From participating in continued education at colleges and universities to attending art classes at the local recreation center, many forms of adult education allow us to meet new people and connect with the ideas of today. If we want to keep making friends and avoid becoming out of touch with the modern world, one of the best choices we can make is to continue learning.

### It Can Help You Stay Fulfilled

Many people participate in lifelong learning because they enjoy it. When we take the time to learn new things, we open our minds and gain wisdom that can help us make the world a better place through social change and other life-affirming endeavors.

### It Can Help You Be Happier

Lifelong learning doesn't just increase the likelihood we'll feel fulfilled, it can improve our emotional balance and help us avoid depression. For older adults, this is particularly beneficial, as depression often comes with aging. While there is no cure for getting older, lifelong learning can help us stay happier as we progress through the stages of life.

### It's Easier than Ever to Engage in Lifelong Learning

The rise of online education has made lifelong learning a real possibility for everyone, no matter where or how you live. That's because online learning lets you learn from home. Plus, online classes can be taken at whatever time of day works best, keeping us in control of our schedules.

Waukesha County Technical College offers a Learning in Retirement program. Learning in Retirement (LIR) provides special events, special interest groups, and courses on topics such as music, art, literature, philosophy, history, physical fitness, and computers. Sponsored by Waukesha County Technical College, LIR is an affiliate of the Road Scholar Lifelong Learning Institute (LLI), which promotes campus based programs for ongoing learning. WCTC's LIR is one of many institutes located throughout the country meeting the educational needs and interests of members. <https://www.wctc.edu/programs-and-courses/other-educational-opportunities/learning-in-retirement/index.php>

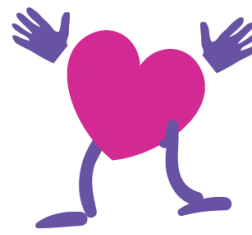
Whether simply taking a course on a specific topic or wanting to earn a degree from a good college, there are plenty of online courses and online degree programs that meet specific needs. Many top higher education institutions allow online learning and degree programs, offering access to accredited universities across the nation and world. College education has never been so convenient, and earning a degree has never been so possible. Enrolling in an online university can be a great way to enjoy the benefits of lifelong learning. <https://www.waldenu.edu/programs/resource/the-many-benefits-of-lifelong-learning>

Your public library has an option for you called Gale Courses. These free classes are online so you can take them at home on your own time. All you need is a Waukesha or Jefferson county library card and a computer with internet access (which are available at your local library!). You can go back to school this year! Grab your library card, log on to [www.bridgeslibrarysystem.org/classes](http://www.bridgeslibrarysystem.org/classes), and enroll in a class of your choice. Classes are offered every six weeks, so you have the opportunity to take as many classes as you want. It's never too late to discover something new! There are over 350 classes to choose from in a variety of subjects, all led by professional instructors. Here are just a few of the classes offered:

- Introduction to Microsoft Word
- Start Your Own Edible Garden
- Meditation
- Keyboarding
- Introduction to Journaling
- Speed Spanish
- Real Estate Investing

# SELF-CARE AWARENESS MONTH

Self-Care Awareness Month began in 2017 to remind us that taking care of ourselves is essential. Self-care is often neglected in our everyday lives.



SEPTEMBER IS  
SELF ♥ CARE  
AWARENESS  
MONTH

While getting a massage or taking a walk are beautiful examples of taking time for our wellbeing, self-care can be more expansive than that. Self-care knows no boundaries. It is something that everyone, without any exclusions, can benefit from practicing on a daily basis. True self-care is not self-centered nor selfish; it is simply keeping yourself the focus of your own life. It's about paying attention to how you feel in each moment, communicating clearly, speaking up for yourself and saying yes or no...guilt free.

## Tips for Self-Care

- Don't take anything personally.
- Live in the moment - no regrets or expectations.
- Perfect the art of saying "No."
- Give others an opportunity to grow by giving them space.
- Practice balance in all areas of your life.
- Don't let others or things define who you are.
- Practice clear and direct communication.
- Have gratitude for **all** things.

## HOW TO OBSERVE

Take the 30-Day Self-Care Awareness Month Challenge!

Use the month of September to make self-care a part of your daily routine – practice being good to yourself. It can be as simple as a conscious breath in the morning or as luxurious as time away from the pressures of everyday life. The kindness we show towards ourselves will manifest into a kinder world.

### NAMIWalks

When: Saturday September 15<sup>th</sup>

Registration Begins: 9:30AM

Walk Begins: 11:00AM

Where: Frame Park Picnic Shelter

701 E. Moreland Blvd.



Join NAMI Waukesha to raise funds and awareness for mental health at NAMIWalks Waukesha! By participating in NAMIWalks Waukesha, you are joining the thousands of individuals walking to change the conversation about mental health and raise awareness across the country.

Join NAMI Waukesha for the 15th Annual NAMIWalks Waukesha for mental health awareness. The purpose of NAMIWalks Waukesha is to raise both awareness and funds to support individuals and families impacted by mental health conditions in Waukesha County.

It is time to start getting your team together for this awesome event to support NAMI Waukesha's programs. It is FREE to participate in this event, however, each walker who raises \$100 or more will receive an official 2018 NAMIWalks t-shirt.





# Hispanic Heritage Month

During National Hispanic Heritage Month (September 15 to October 15) we recognize the contributions made and the important presence of Hispanic and Latino Americans to the United States and celebrate their heritage and culture.

Hispanics have had a profound and positive influence on our country through their strong commitment to family, faith, hard work, and service. They have enhanced and shaped our national character with centuries-old traditions that reflect the multiethnic and multicultural customs of their community.

Hispanic Heritage Month, whose roots go back to 1968, begins each year on September 15, the anniversary of independence of five Latin American countries: Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. Mexico, Chile and Belize also celebrate their independence days during this period and Columbus Day (Día de la Raza) is October 12.

The term Hispanic or Latino, refers to Puerto Rican, South or Central American, or other Spanish culture or origin regardless of race. On the 2010 Census form, people of Spanish, Hispanic and/or Latino origin could identify themselves as Mexican, Mexican American, Chicano, Puerto Rican, Cuban, or "another Hispanic, Latino, or Spanish origin."

Today, 57.5 million people or 18% of the American population are of Hispanic or Latino origin. This represents a significant increase from 2000, which registered the Hispanic population at 35.3 million or 13% of the total U.S. population.

Share in this special annual tribute by learning and celebrating the generations of Hispanic and Latino Americans who have positively influenced and enriched our nation and society.

Article from [www.hispanicheritagemonth.org](http://www.hispanicheritagemonth.org)

The Hispanic Resource Center is a community organization, working through Pro Health Care, that offers a variety of health services primarily for people with a Spanish language barrier. Services include, but are not limited to; social workers, RN's, health promoters, and nutrition and education classes.

Hispanic Resource Center  
210 NW Barstow St, Waukesha, WI 53188  
(262) 928-4402

Hispanic Collaborative Network

## FAMILY HEALTH FAIR

WED. SEPTEMBER 26, 2018




4:30 PM – 7:00 PM

WAUKESHA SOUTH HIGH

401 E Roberta Ave.

Waukesha WI 53186

**FREE & OPEN TO ALL**

   @WAUKESHAHCN  
#HCNHealthFair

**SAVE THE DATE!**

- ✓ Blood Sugar & Cholesterol Screenings
- ✓ Childhood immunizations for those on Medicaid or uninsured
- ✓ Adult Flu Vaccines
- ✓ Mobile Legal Clinic
- ✓ Oral Cancer Screenings
- ✓ Lead Testing for Children
- + AND MORE!



# Evidence Based Health Promotion Programs

Evidence-based prevention programs have been researched and are proven to have positive results to promote safe, healthy aging. The primary goals of Evidence-Based Prevention and Education Programs are to empower adults to adopt healthy behaviors, improve health status, and manage chronic conditions better.

All workshops meet weekly over a period of 6 –7 weeks. To ensure workshops meet the highest level standards, workshop are led by trained leaders. For a comprehensive list of Evidence-Based Prevention Programs, please check out:

[www.waukeshacounty.gov/ADRCWorkshops/](http://www.waukeshacounty.gov/ADRCWorkshops/)

**Chronic Pain Self-Management Program** is for individuals with a primary or secondary diagnosis of chronic pain, and would like to improve their condition. Over the 6 weeks, participants gather information and practical tools to develop self-management skills, improve self-confidence and increase motivation to better manage their chronic pain symptoms and challenges.

*The program has been proven to:*

- Improve energy and mental health
- Decrease pain levels and dependence on others
- Increase involvement in everyday activities
- Improve overall life satisfaction

*Join one of our next 8 week sessions, offered at two locations*

**Class in Summit begins**

Wednesdays, beginning September 12, 2018

1:00pm—3:30pm

(Light snack and refreshment included)

**Aurora Summit Medical Center - Pabst Room**

36500 Aurora Drive, Summit, 53066

**To Register Contact:**

**Trish Golden @ (262) 434-1248 or**

**Online at [www.aurora.org/events](http://www.aurora.org/events)**

**Class in Menomonee Falls begins**

Thursdays, beginning September 20, 2018

8:30am—11:00am

(Light snack and refreshment included)

**Community Memorial Hospital**

W180 N8085 Town Hall Road, Menomonee Falls

**To Register Contact:**

**Call (800) 272-3666**

## alzheimer's association®

Walk Co-Chairs Tom Hlavacek and Monica Murphy invite you to Walk with them because **The End of Alzheimer's Starts with You!** Register for the Walk to End Alzheimer's on September 8th at Frame Park in Waukesha at [act.alz.org/waukesha](http://act.alz.org/waukesha). Start a team today! Gather your friends, family, co-workers, or members of your church or community organization. The Walk begins at 10:00 a.m., with on-site registration starting at 8:30a.m. If you aren't able to participate at the event, show your support by registering as a "virtual walker" or make a donation to support a friend, family member or co-worker.

## Get on Board for the Walk to End Alzheimer's®



**In Waukesha County  
Saturday, September 8th at  
Frame Park**

## BOOK OF THE MONTH

### *A Dignified Life: The Best Friend's Approach to Alzheimer's Care, A Guide for Family Caregivers*

By: Virginia Bell & David Troxel



Four million Americans currently suffer from Alzheimer's disease and experts estimate that 22 million people around the world will be diagnosed with a form of dementia by 2025. Far too many families are struggling with the emotional and physical responsibility of caregiving. Alzheimer's can redefine relationships with someone who was a vibrant member of society, and now may not know their own name.

*A Dignified Life* helps combat the burnout and frustration that often accompanies the task of caring for an Alzheimer's patient. Author David Troxel, an Alzheimer's expert and executive director of the California Central Coast Chapter of the Alzheimer's Association, maintains that at its simplest, this approach is based on treating the person like a best friend and working with their strengths, not their weaknesses. He explains: "As family members, caregivers and professionals, we have to try to connect with them. People with this disease in some way need someone to be attentive and empathetic-someone who really tries to walk a mile in their shoes."

*A Dignified Life* goes beyond the typical tips offered by most books and takes advantage of readers' instinctive desire to build friendships. It provides a complete model for care built around creative and effective communication. The book includes touching stories that demonstrate how the Best Friends method continues to improve the lives of both those who have Alzheimer's disease and those who care for them.

Visit the ADRC Resource Library today to check out your copy!

\*Resources from the library cannot be purchased. They are for checkout only.

*Here is a sampling of programs, presentation and activities being held in various Waukesha County Libraries during the month of September.*



**Elm Grove Public Library. 13600 Juneau Blvd., Elm Grove WI 53122. (262) 782-6700.**

***What's It Worth? Antique Appraisals and Downsizing*  
Tuesday, Sept. 25 from 4:00-6:00**

<http://elmgrovelibrary.org>

**New Berlin Public Library**

**15105 Library Lane New Berlin, WI 53131 (262) 785-4980**

***What Folksongs Tell Us About Wisconsin***

**Tuesday, Sept. 4 at 2:00 P.M.**

[www.newberlinlibrary.org](http://www.newberlinlibrary.org)

**Pauline Haas Public Library**

**210 Main St, Sussex, WI 53089 (262) 246-5180**

***History of the Milwaukee Road***

**Thursday, Sept. 13 at 7:00 P.M.**

[www.phplonline.org](http://www.phplonline.org)

**Pauline Haas Public Library**

**N64 W23820 Main St., Sussex, WI 53089. (262)-246-5180.**

***Creating Your Own Chemical-Free Lifestyle***

**Wednesday, September 26 at 6:30 p.m.**

<http://www.phplonline.org/>

**Waukesha Public Library**

**321 W Wisconsin Ave. Waukesha, WI 53186. (262) 524-3680.**

***Breast Cancer Awareness***

**Wednesday, September 26 at 7:00-8:00 p.m.**

<http://waukeshapubliclibrary.org>

## DO YOU HELP AN OLDER ADULT:

- Go to the doctor
- Run simple errands
- Manage their finances
- Clean their house
- Make appointments
- Manage their medications
- Wash, bathe or eat

## HAVE YOU HAD TO:

- Stop participating in activities you enjoy
- Take time off work or reduce hours
- Change or cancel vacation plans
- Postpone your own appointments
- Take time away from family and friends



## COULD YOU USE SOME ASSISTANCE?

If you answered "YES"  
**WE CAN HELP!**

### To learn more:

Call the ADRC of  
Waukesha County

**(262) 548-7848**

Stop in and see us

**Human Services Center**

**514 Riverview Ave | Waukesha, WI**

Check out our website

**[www.waukeshacounty.gov/adrc](http://www.waukeshacounty.gov/adrc)**

### Free Resources & Services

- Caring individuals to listen & provide information and options
- Services to give you a break
- Caregiver training, counseling and support

**AND MUCH MORE!**



# *Benefit Specialist Corner*



## **Time to Review Your Medicare Plan**

By the GWAAR Legal Services Team

Medicare's Annual Open Enrollment Period is coming soon. Be sure to add this to your fall checklist if you have a Medicare Part D plan or a Medicare Advantage Plan.

Every year insurance companies can change their list of covered drugs and their pricing structure, known as the plan formulary. This means that even if you are taking the same medications, the amount you pay for your medications may change next year. The plans' premiums, deductibles, and copays can also change each year.

What can people do about this? All Medicare beneficiaries should review their current coverage during Medicare's annual Open Enrollment Period, which runs October 15 through December 7th. Find out what your plan's costs and coverage will be next year and compare it with other options based on **your** prescription medications and other needs or preferences. You may decide you're happy with your plan's costs and coverage details for 2019. In that case, you won't need to do anything. Or, you may find a plan that is better suited to your needs and your budget.

Shopping around to find what's best for you is always a good idea, but you don't have to do it alone. Free, unbiased assistance with plan comparisons is available from the Elder Benefit Specialists. Sign-up for a workshop at the ADRC during open enrollment. Registration will start October 1st.

Don't let this opportunity pass you by! The Elder Benefit Specialists can also check to see if you are eligible for any programs or benefits that can save you money. For further information and assistance call the ADRC of Waukesha County at 262-548-7848.

## **Welcome to Medicare Class**

The Aging and Disability Resource Center of Waukesha County hosts 'Welcome to Medicare' classes on the second Wednesday of each month either 1pm-3pm or 5:30pm -7:30pm. Topics covered will be the basic parts of Medicare (A, B, C, D) and how they work. Information will be provided on how to enroll, available insurance options, and the drug coverage requirement. Lower income benefit programs will also be reviewed. It is suggested that you attend one class 2-3 months prior to starting Medicare. The class is located at the Health and Human Services Building at 514 Riverview Avenue. To register for this free class or for more information, please contact the ADRC at 262-548-7848 or online:

[www.waukeshacounty.gov/ElderBenefitSpecialistProgram/](http://www.waukeshacounty.gov/ElderBenefitSpecialistProgram/)

**Turning 65?**  
**Need Medicare?**



# CALLING ALL SENIORS!

## We need your feedback!

The Aging and Disability Resource Center of Waukesha County is hosting a public hearing to get feedback on the draft of their 2019-2021 County Plan on Aging. Share your thoughts and comments to make the plan as effective as possible for aging adults in the Waukesha County.

Plan focus area include:

- **Transportation**
- **Nutrition**
- **Dementia**
- **Resources For Caregivers**
- **Advocacy**
- **Healthy Aging**
- **Substance Use**
- **Mental Health**

**Thursday, September 20th | 3:00-4:00pm**

**Waukesha County Health & Human Services**

**514 Riverview Avenue | Waukesha, WI 53188**

The draft plan is available for viewing on the ADRC website or at the ADRC from  
8am-4:30pm Monday through Friday.

## WAUKESHA COUNTY SENIOR DINING CENTERS

<b>Brookfield</b> <b>782-1636</b> — Virginia Brookfield Community Center 2000 North Calhoun Road Monday thru Friday at 12:00	<b>Butler</b> <b>783-5506</b> — Pam Hampton Regency Apartments 12999 West Hampton Avenue Monday thru Friday at 11:45	<b>Hartland</b> <b>367-5689</b> —Peggy Breezewood Village Apartments 400 Sunnyslope Drive Monday, Wednesday, Friday at 12:00
<b>Menomonee Falls</b> <b>251-3406</b> —Diane Menomonee Falls Community Center W152 N8645 Margaret Road Monday thru Friday at 12:00	<b>Mukwonago</b> <b>363-4458</b> —Michelle Birchrock Apartments 280 Birchrock Way Monday thru Thursday at 12:00	<b>Muskego</b> <b>414-422-0420</b> —Jack Stoney Creek Adult Community S69 W14142 Tess Corners Drive Monday, Wednesday, Friday at 11:45
<b>New Berlin</b> <b>784-7877</b> — Lisa National Regency Retirement Community 13750 West National Avenue Monday thru Friday at 12:00	<b>Oconomowoc</b> <b>567-5177</b> —Kelly Oconomowoc Community Center 220 West Wisconsin Avenue Monday thru Friday at 12:00	<b>Sussex</b> <b>246-6747</b> —Nick Sussex Civic Campus N64 W23760 Main Street Monday thru Friday at 12:00
<b>Waukesha</b> <b>547-8282</b> — Lucille La Casa Village 1431 Big Bend Road Monday thru Friday at 12:00	<b>Eligibility:</b> Persons 60 years and older For reservations, call the dining center manager between 9:30 am- 12:00 pm, one working day in advance, or the ADRC at (262) 548-7826. Transportation may be available by taxi or Rideline for \$1.00 each way. Some Meals Sites offer blood pressure checks free of charge and some have foot care available for a fee. Ask your meal site coordinator what is available.	

# AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY

## SENIOR DINING AND HOME DELIVERED MENU SEPTEMBER 2018

Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
<b>HAPPY LABOR DAY</b>  <b>NO MEALS SERVED</b>  	Whole Grain Spaghetti w/ Italian Meat sauce Spinach Salad w/ Raspberry Vinaigrette Italian Bread w/ butter Pear Half Dessert Bar Alt: Fresh Fruit	Porcupine Meatballs w/ Gravy Wild Rice Blend Fry Bread w/ Butter Seasoned Squash Apple Pie Alt. Fresh Apple	Philly Chicken Sandwich Onions/peppers/ provolone Wheat Kaiser Roll Baby Bakers w/ butter Country Style Vegetables Fruited Yogurt	Beef Stroganoff Buttered Egg Noodles Glazed Beets Sourdough Bread w/ butter Fresh Pear
10	11	12	13	14
Swedish Meatballs Egg Noodles w/ gravy 5-way Mixed Veg Mandarin Oranges Bread w/Butter Butterscotch Pudding Alt. Diet Pudding	Peachy Pork Roast Cheesy Potatoes Maui Vegetable Blend Potato Dinner Roll w/ butter Fruited Yogurt	<b><i>Back to School</i></b> Roast Beef and Cheddar on an Onion Roll w/Mayo Carrot sticks w/Ranch Watermelon Sun Chips Baker's Choice Cookie	Turkey à la King Seasoned Rice Brussels Sprouts Dark Rye Roll / butter Pineapple Juice Chocolate Chip Cookie Alt. Fresh Orange	Baked Ham Scalloped Potatoes Broccoli Wheat Bread w/ butter Pineapple Tidbits
17	18	19	20	21
Pork Chop Suey Soy Sauce Packet Brown Rice Oriental Blend Veg Cook's Choice Fruit Dinner Roll w/ butter Snickerdoodle Cookie Alt. Orange	Chicken Stroganoff Buttered Noodles Stewed Tomatoes Whole Grain Bread w/ butter Mandarin Oranges	Open-faced Hot Turkey and Gravy over bread Mashed Potatoes and gravy Peas and Carrots Frosted Yellow Cake Alt. Fresh Fruit	Summer's Last Stand Brat on Sausage Roll Ketchup / Mustard Baked Beans Potato Salad Fresh Melon Ice Cream Cup Alt. Sugar Free Ice Crm	<b>MANDATORY STAFF TRAINING</b>  <b>PROGRAM CLOSED</b>
24	25	26	27	28
Pub Burger on Kaiser Roll with Fried Onions and provolone Ketchup and Mustard Potato Casserole Wisconsin Blend Veg Chocolate Chip Cookie Alt. Banana	Meatloaf w/ Gravy Garlic Mashed w/ gravy Crinkle Cut Carrots w/Dill 7 Grain Bread w/ butter Mixed Fruit Cup	<b>OKTOBERFEST</b> Schweinebraten (Seasoned Pork Roast w/mustard and Onions) Sauerkraut Brezen (Lg. Soft Pretzel) Mashed Potatoes butter Spinach Salad dressing Applesauce	Roast Beef w/ gravy Loaded Mashed Potatoes Green Beans Almandine Cornbread Muffin w/ butter Mint Brownie Alt. Diced Peaches	Garlic and Herb Grilled Chicken Breast Roasted Red Potatoes Yellow Wax Beans Multigrain Bread W/ Butter Fresh Pear

**The ADRC, Waukesha County Senior Dining Sites, and Meals on Wheels will be closed:  
Monday, September 3rd and Friday, September 21st.**

## ASK INA

Dear Ina,

My son is soon turning 18. He has a disability and we're wondering about the legal options for decision-making. We want to support his decisions while also making sure he makes the safe, appropriate choices. What are our options? -Dee Szisin

Dear Dee,

All parents worry about their children's futures. Parents of children with disabilities or serious medical conditions have specific worries regarding how they are going to adequately address their child's needs once he/she reaches the age of 18. There are options available to parents whose children require assistance making decisions, or whose children require decisions to be made on their behalf; however, deciding which option best fits your child's needs can be confusing and overwhelming.

In Wisconsin, all adults are presumed competent upon turning 18, and this presumption of competency can only be reversed by a judge or court commissioner through a legal proceeding called guardianship. However, guardianship is not appropriate in all situations and is the most restrictive method used to appoint an alternate decision-maker. Wisconsin law requires lesser restrictive alternatives to be considered before pursuing an adult guardianship. Here is a brief overview of the different options available for adult children who will require assistance with decision-making.

- **Powers of Attorney (POA):** These documents allow an individual to name another individual as their decision-maker. Adults may only execute powers of attorney when they have the capacity to understand the nature of the documents and are of "sound of mind." If the adult child understands the nature of the Power of Attorney and wishes to sign it, he/she may choose to do so. If there is a possibility the adult child's competency could be questioned, consultation with an attorney is strongly recommended before any Power of Attorney is completed.
  - **Power of Attorney for Health Care (POA-HC):** This is a document you complete and sign ahead of time naming another individual (the "agent") to make your health care decisions if you ever become temporarily or permanently unable to do so yourself. The POA-HC does not become effective until it is "activated." This occurs when two physicians, or one physician and one psychologist, have personally examined you and determine you are incapacitated, meaning unable to "receive and evaluate information effectively or to make or communicate decisions to such an extent that the individual lacks the capacity to manage his/her healthcare decisions."
  - **Power of Attorney for Finances and Property (also referred to as Durable Power of Attorney, POA-F):** This is a document you complete and sign, naming another individual (the "agent" or "attorney-in-fact") to manage your finances. You determine the money and property you want the agent to have authority over, as well as the authority you want the agent to have. Unlike the POA-HC, the agent's authority takes effect immediately after you execute the document unless you expressly indicate otherwise within the document. The term "durable" means the document remains in effect during a period of incapacity.
- **Supported Decision-Making (SDM).** SDM in Wisconsin was just signed into law in April 2018. SDM recognizes adults with disabilities and older adults as their own decision-maker. In a SDM arrangement, the adult with a disability or older adult chooses who they want to be their "Supporter" to help them understand information and make or communicate their decisions. A Supporter does not make decisions on behalf of the individual; the adult with a disability or older adult remains in control of their own decision-making. The Wisconsin Department of Health Services is in the process of developing a standardized Supported Decision-Making form; however, to date it is not yet available.
- **Guardianship.** This is a legal proceeding in which a judge or court commissioner declares an individual to be "incompetent" and appoints a "guardian" to make decisions on the individual's behalf. A court may find an individual incompetent if they meet the following criteria:
  - The person is at least 17 years old and 9 months;
  - The person has a qualifying impairment, which is defined as a developmental disability, serious and persistent mental illness, degenerative brain disorder, or "other like incapacities." "Other like incapacities" are those conditions produced as a "result of accident, organic brain damage, mental or physical disability, or continued consumption or absorption of substances, and that produce a condition that substantially impairs an individual from providing for his or her own care or custody."
  - The person is unable to receive and evaluate information effectively or to make or communicate decisions.
  - A risk of physical or financial harm exists.
  - The individual's need for assistance cannot be met by a lesser restrictive alternative.

The Greater Wisconsin Agency on Aging Resources (GWAAR) has a Guardianship Support Center where you will find comprehensive information and assistance related to POA-HC and POA-Finance, in addition to information regarding Guardianship of Person and Estate, and Supported Decision-Making. <https://gwaar.org/guardianship-resources>



# It's Grandparents Day!

**G**randparents Day is September 9, 2018 and the ADRC would like to recognize this day and the special grandparents who have raised their children and are now raising their grandchildren. Whether you are a grandparent, a grandparent raising grandchildren or know someone who is, this is a special day of celebration.



Most people know that parenting is a tough, yet rewarding endeavor in life. Being a grandparent and raising grandchildren can, at times, be an even tougher endeavor. The ADRC has a Grandparents Raising Grandchildren Group. This group of grandparents range from age 55 to well into their 70's and 80's and are the primary caregivers raising children ages 5-22. Many of these children have special needs, mental health issues and emotional issues.

The Grandparents Raising Grandchildren Group is designed to provide networking, education, support and respite for the grandparents and grandchildren. Some of the activities the ADRC has been able to provide for the group's grandchildren include: summer camp tuition, swimming lessons, and music lessons. The group also has gone on outings such as a trip to Waukesha Floral where the grandparents created their own planter for their homes and a holiday outing for the families.

If you or someone you know are raising grandchildren and would like to learn more, please contact the ADRC for program qualifications and details.



## Calling All Stay at Home Parents & Grandparents

With the start of the school year, some parents and grandparents may find they have more time to volunteer. The ADRC has some perfect opportunities for parents and grandparents to get involved and give back to community while their kids are away at school. Meals on Wheels drivers and dining assistants are needed throughout Waukesha County to assist with the senior nutrition program. With 11 nutrition centers through the county, volunteers can choose the center closest to their home.

**Meals on Wheels drivers** help out once a week or twice a month between the hours of 11:00 am - 1:00 pm. Most drivers deliver on the same route each time they go out and are reimbursed for their mileage.

**Dining Assistants** also help out once a week or twice a month between the hours of 9:30 am - 1:00 pm depending on the dining center. They help pack meals for the Meals on Wheels program and serve lunch to seniors coming to the center for a hot, nutritious meal.

**Help with reassessment of Home Delivered Meal consumers**— Reassessments are done in the consumers homes. Scheduling is flexible, training is provided, volunteers work independently, and arrange for the reassessment based their availability.

To learn more about these volunteer opportunities contact:

**Karen Straw**

**262-548-7829**

[kstraw@waukeshacounty.gov](mailto:kstraw@waukeshacounty.gov)



## StoryCorps-An Intergenerational Volunteer Opportunity

If you are curious about getting involved in school programs, Horning Middle School has a volunteer opportunity that might be of interest to you and it's educational for you and the students. Eras Senior Network is looking for volunteers who will be matched with one or two 8th grade students in the Story Corps Program. This is a wonderful way to share your life story with students. It is recommended that the volunteers be 55 and older.

Horning Middle School in Waukesha will be continuing their StoryCorps program for the 2018-2019 school year and Eras Senior Network is looking for volunteers like you to keep it going! The StoryCorps program is designed to heighten 8th grade students' awareness of the stories all around them and to encourage them to dialogue with others in searching out these rich stories.

The program sessions will take place one Wednesday a month from October through May for one hour. The first 30 minutes will be spent with one pair of students and then the next 30 minutes will be spent with another pair from a different class. Each month, stories will focus around a specific topic which will be made available ahead of time. Topics are being selected this summer, but might include civil rights, conflict, etc.

"It was fun to talk about the 'good old days'." - Anonymous Volunteer.

"Thank you for coming and influencing my life." – 8th grade student.



Eat a variety of colorful fruits and vegetables for good health!



#### Across:

3. This berry is full of vitamin C and is plentiful in the summertime.
5. This dark green leafy vegetable is popular in southern cooking; it is rich in iron and many other vitamins and minerals. (2 words)
8. This odorous bulb is related to onions and often used to flavor food. Eating it more often may have benefits related to immunity, heart health, and cancer prevention.
9. This orange vegetable is commonly found canned, but it can be picked fresh in the fall. It is high in fiber and full of disease-fighting antioxidants.
10. This white root vegetable has greens that are commonly eaten. The root is full of vitamin C, and the greens are full of vitamin A, folate, and calcium.
12. These "spears" are ready for picking in the springtime and are packed with vitamins and minerals.
13. This purple vegetable is rich in folate and potassium.

#### Down:

1. Americans need to eat more of this color when choosing veggies.
2. This tropical green-fleshed, brown-skinned fruit is high in fiber.
3. This orange vegetable can be baked, mashed, or fried. (2 words)
4. We eat the seeds and juice of this antioxidant-rich, Middle-Eastern fruit.
6. This red root vegetable is delicious raw and full of minerals and vitamin C.
7. This dark green leafy vegetable has many vitamins and minerals that strengthened a famous cartoon sailor.
11. This orange-fleshed tropical fruit is rich in vitamin A.

Answers: Across: 3. Strawberry, 5. Collard greens, 8. Garlic, 9. Pumpkin, 10. Turnip, 12. Asparagus, 13. Eggplant. Down: 1. Orange, 2. Kiwi, 3. Kiwi, 4. Sweet Potato, 6. Pomegranate, 7. Spinach, 11. Mango

**FOOD  
WISE**  
Healthy choices, healthy lives.

**UW  
Extension**  
Waukesha County

515 W. Moreland Blvd., Administration Center Rm G22  
Waukesha WI 53188

Phone: 262-548-7877 Fax: 262-548-7787

Para más información en español comuníquese con: 262-548-7882  
[www.waukeshacounty.gov/uwex](http://www.waukeshacounty.gov/uwex)

ADRC of Waukesha County  
Human Services Center  
514 Riverview Avenue  
Waukesha, WI 53188

If you would like to be added to or removed from this mailing, or if you would like to receive our Newsletter electronically, please call the ADRC at (262) 548-7848

ADRC Advisory Board

**Christine Howard, Chair**

**Judie Berthelsen**

**Patricia Carriveau**

**Maria Cizel**

**Carla Friedrich**

**Sandie Heberling**

**Paulette LaMountain**

**Elaine Ludka**

**Susan Schweda**

ADRC Leadership Staff

Mary Smith, Manager

Lisa Bittman, Coordinator

Sally DuPont, Supervisor

Mikie Blask, Supervisor

Mike Glasgow, Supervisor

Laurie Kohler, Supervisor

Shirley Peterson, Supervisor

Jan Sanchez, Supervisor